

ADHD in Adults

Focus, Function, and the Overlooked Reality



ADHD: Attention Deficit Hyperactivity Disorder



What Is Adult ADHD?

A neurodevelopmental disorder characterized by persistent patterns of inattention, hyperactivity, and impulsivity that interfere with functioning or development

Core symptoms:

- Inattention (e.g., distractibility, forgetfulness)
- Hyperactivity (may appear as restlessness)
- Impulsivity (e.g., interrupting, decision haste)

These symptoms affect work, relationships, and daily function

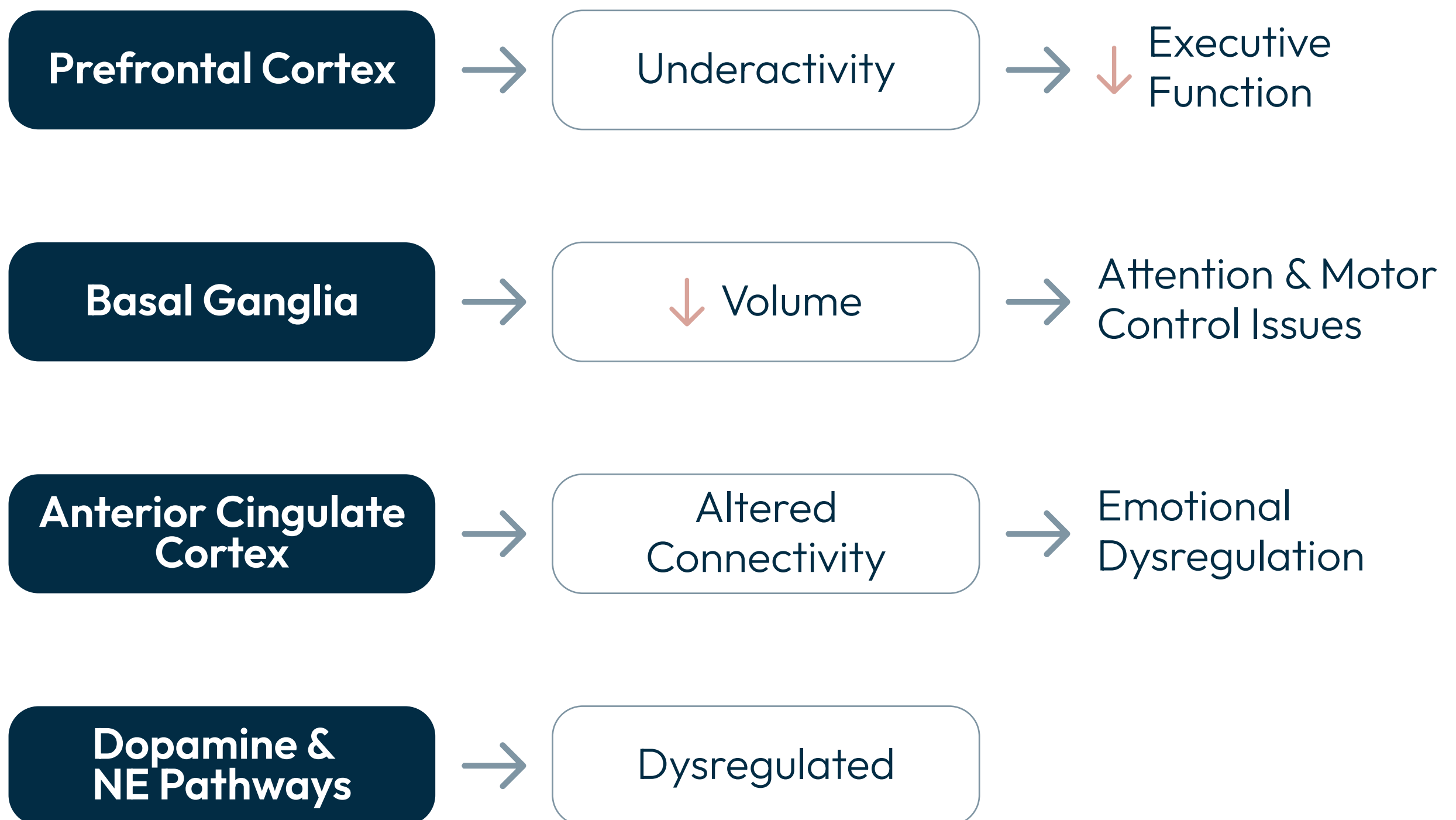
Around

50–60%

of cases persist into adulthood

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Brain Changes in Adult ADHD



ADHD: Attention Deficit Hyperactivity Disorder
NE: Norepinephrine

Diagnosis in Adults

Diagnosis is clinical and based on DSM-5 criteria:

- ≥ 5 symptoms of inattention and/or hyperactivity
- Symptoms must begin before age 12, even if not recognized
- Must impair function in 2 or more settings (work, home, etc.)

Adult presentation may look like:

Disorganization, procrastination,
internal restlessness, missed deadlines

Treatment of Adult ADHD

Medications

Stimulants: methylphenidate, amphetamines

Non-Stimulants: atomoxetine, guanfacine

Psychotherapy

CBT for ADHD: focus, planning, emotional control

Coaching + psychoeducation

Lifestyle Strategies

Time management, structured routines, mindfulness

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CBT: Cognitive Behavioral Therapy